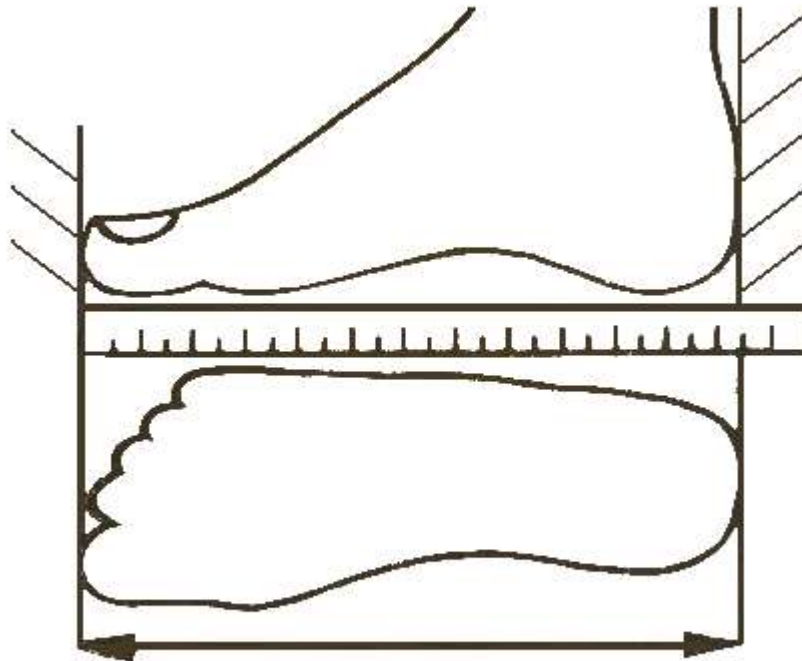


How to choose the right size?

The shoes should never hurt or press your feet! However, it should not be too loose at the same time. Try on the shoes wearing ordinary socks. Lace up the shoes so that your heels would "settle" down into their proper position in the shoe. When trying, it is recommended to elevate the heel a bit and put your weight on the toes - this way the toes slide forward slightly and you can find out whether there is enough space for your toes. Lace up the shoes and just walk around a bit to get the right feeling.

How to measure the size

- Place your bare foot on the ground with the heel touching the wall.
- Place some box or other straight edged object so that it would touch the tip of your longest toe.
 - Put your full weight on the foot.
- Carefully move away your foot and measure the distance from the wall to the box edge.



- Find out the size to order in our e-shop according to the chart below (**we already included some extra space for the toes, so there is no need to add any millimeters extra**).
- The measures below are only guidelines, the width of your foot matters too, as well as the shape of your foot and the way of your walking.
- The size may vary with different models. With winter shoes take the space for winter socks in consideration. With flats (or mary janes) any extra space may cause the shoe to slide.

Your foot length (millimeters) Please don't add any extra millimeters. Extra space for toes has been already included.	Your Ahinsa size Please don't add any extra space for your toes, it's been already included.	US size Women's / Men's	Insole length (millimeters)	Insole width (millimeters) regular width Standard line all models
upto 226	36	5.5 / -	231	91
227 - 232	37	6 / -	237	92
233 - 237	38	7 / -	243	94
238 - 243	39	7.5 / -	249	95
244 - 250	40	8.5 / 7	256	96
251 - 256	41	9 / 8	262	98
257 - 264	42	9.5 / 8.5	270	100
265 - 270	43	10 / 9	276	103
271 - 276	44	10.5 / 9.5	285	103

277 - 283	45	11.5 / 10.5	292	106
284 - 290	46	- / 11	298	108
291 - 296	47	- / 12	306	109
297 - 303	48	- / 12.5		